

Bullying Prevention

Crime and Violence Prevention Center * California Attorney General's Office



“Our lives begin to end the day we become silent about things that matter.”

Martin Luther King Jr.

Bullying is commonly found in the classroom, on the playground, in the home and in neighborhoods.

- It is the habitual harassing, intimidating, tormenting, browbeating, humiliating, terrorizing, oppressing and/or threatening words spoken to another person.
- It can be physically, sexually, verbally or emotionally harmful.
- It is one of the most serious concerns in schools today.
- It often leads to serious violent crimes.

Bullying has no social, financial or cultural boundaries.

- Children often become bullies by observing adult behavior.
- Youth, teachers, police and communities must work together to keep children safe. Every child has the right to be safe.
- Children's bullying frequently occurs in and around school property.
- Bullying most often occurs in the middle school years.
- Approximately 160,000 students don't attend school every day because they are in fear of being bullied (U.S. Department of Justice and the National Association of School Psychologists).
- Children who bully and children who are victimized by bullying often suffer emotional and behavioral problems.

Suggestions for youth, parents, schools and the community

Often, bullying is said to be “part of growing up.” This is wrong, and each of us needs to take a role in eradicating bullying.

What children and youth can do

- Respect everyone; talk to and treat others as you would like to be treated.
- Tell a parent or teacher if you have been bullied, or if you witness another being bullied.
- Talk to your parents, relatives and friends about “bullying” issues.
- Support other students.
- Agree with your friends, parents, and teachers that bullying is not tolerated in your school or community.

What parents can do

It is important for parents to be involved in all of their children's activities, to prevent bullying and its consequences.

- Monitor your children's activities, actions and words.
- Model good behavior.
- Listen to your children.
- Let children know that bullying other people is not acceptable.
- Get to know your children's friends.
- Look for resources to assist you in responding to bullying situations.
- Be involved with your children's school and extra curricular activities.
- Work together in the community to create and maintain an environment free from bullying and intolerance.
- Teach your children about RESPECT and TOLERANCE for all.

What educators can do

All children have a right to attend school in a safe environment.

- Assess the level of bullying by conducting student and educator surveys.
- Supervise students outside of the classroom, in other areas on campus, and intervene when you observe bullying behavior.
- Provide school-wide activities to address bullying education.
- Train school staff to recognize and intervene in bullying behavior.
- Provide a mechanism for students and teachers to report bullying.
- Listen to parents when they express concern of another child's behavior.
- Approach bullies in private, do not talk to the bully and the victim at the same time because the bully may continue his/her antics toward the victim.
- Resolve bullying issues early and advise families of the accused victim and the accused bully of the incident.
- Obtain student input in the establishment of classroom and school rules.
- Enforce rule violations in a fair and consistent manner.
- Establish a district-wide policy on bullying and let the children and parents know of the policy.
- Partner with mental health professionals and school counselors to combat bullying.
- Form partnerships with law enforcement through a "memorandum of understanding."
- Develop intervention strategies.
- Address bullying through your SAFE SCHOOLS PLAN.

What community members can do

Everyone has a role in the nurturing of children. The "community" in which we live is an active partner in taking care of children.

- Communicate with and listen to youth about what they "see" and "hear."
- Intervene when you hear or see a child bullying another child.
- Involve children in bullying prevention education.
- Youth serving organizations can take a stand against bullying and teach tolerance.

Resources

California Attorney General's Crime and Violence Prevention Center
www.ag.ca.gov/cvpc

California Department of Education http://cde.ca.gov/spbranch/ssp/bully_resource.htm

United States Department of Education - Office of Civil Rights
www.ed.gov/offices/OCR/prevention.html

United States Department of Justice
www.usdoj.gov/youthviolence.htm

United States Department of Justice - Office of Juvenile Justice and Delinquency Prevention (OJJDP)
www.ojjdp.ncjrs.org

National Crime Prevention Council
www.ncpc.org/

